

Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	7:00-8:00am UCRO Rental	7:00am-2:45pm Open Gym
8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	9:00-10:15am Open Gym	
10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-12:30pm Youth Basketball (Registered Program)	
11:00-11:45am Open Gym	11:30am-5:45pm Open Gym	11:15am-8:45pm Open Gym	11:30am-6:00pm Open Gym	11:00-11:45am Open Gym	12:45-2:00pm NHL Street (Registered Program)	
12:00-12:45pm Chair Yoga	6:00-6:35pm (ages 5-9)		6:00-6:35pm (ages 5-9)	12:00-12:45pm Sit Fit		
1:00-4:45pm Open Gym	6:35-8:45pm (ages 10+)		6:35-8:45pm (ages 10+)	1:00-5:45pm Open Gym	2:00-2:45 pm Open Gym	
5:00-7:30pm WHEW (Registered Program)	Youth/Adult Karate (Registered Program)		Youth/Adult Karate (Registered Program)			
7:30-8:45pm Open Gym						

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 23, 2024



SCHEDULES